



Pasadena Mental Health Day 2012

“Healthy Minds, Healthy Families”

Saturday, May 12, 2012

10:00 a.m. to 3:00 p.m.

Pasadena Senior Center

85 East Holly Street

Pasadena, California

Pasadena’s 2nd Annual city-wide free event to promote mental health awareness

Mental Health Day occurs annually in May during National Mental Health Month, to address the mental health needs of Pasadena residents, which is fundamental to creating a healthy community. The event educates the public and raises awareness about mental health and mental illness with activities for seniors, adults, youth, children and families.

**Presented by
Pasadena Mental Health Advisory Committee**

For more information visit our website
www.pasadenamentalhealthday.org or
contact Wendy Martinez, Co-Chair (626) 744-6040
email: wmartinez@cityofpasadena.net

Activities Include

- Stress management & PTSD workshops
- Alzheimer’s & dementia presentations
- Mental Health presentations
- Tai chi demonstrations
- Live music
- Pasadena Unified School District Art Contest
- Games
- Arts & crafts
- Raffles
- Vendors